

# The Norman Times

Norman Park Senior Center  
270 F St. Chula Vista, 91910



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**SAVE THE DATE**

## **SPOOKTACULAR COSTUME CONTEST**

Monday, October 31st, 2022 12pm-2pm

Back by popular demand Norman Park will be having it's annual Spooktacular Costume Contest. Come join us for an afternoon of spooky fun. Enter in our costume contest for a chance to win the grand prize. Games, Food, and Drinks will be provided.

This event will sell out so register early! Pre-Registration is required.

Fee: \$5 per person (+50yrs)

# MEET OUR STAFF



## A MESSAGE FROM

### Aaron Ruiz

Recreation Supervisor III  
Norman Park Senior Center



Norman Park Family, It has been a full year since we have opened since the Covid-19 pandemic. It has been a year of learning and growing and welcoming back many members of the past and NEW members. Our plan to finish this year is to continue to embrace one another and the Holiday Season. At a time of so much emotion, we welcome you to please extend our open arms to anyone that may be alone and need a mental escape through any of our programs. I am excited for the Chula Vista Senior Club coming back to Norman Park. Remember to register and sign up for our monthly newsletter, and I encourage you to sign up to our NEW Chula Vista Senior Connect Line for the latest news happening in Chula Vista 619-409-1932.

A handwritten signature in black ink, appearing to read "A. Ruiz".



**David Ramirez**  
Recreation Supervisor I



**Carol Herrera**  
Recreation Specialist



**Julian Castruita**  
Recreation Leader



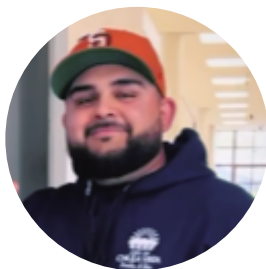
**Adolfo Herrera**  
Recreation Aide



**Brandon Torres**  
Recreation Leader



**Jahnessa Contreras**  
Recreation Leader



**Anthony Cossio**  
Recreation Aide



**Denisse Ledezma**  
Recreation Aide



**Roseann Schertzer**  
Recreation Aide



# Classes, Activities, & Groups



## ART TAKES A VILLAGE

**Wednesdays 10:00AM - 12:00PM FREE**

Art Is A Village is a arts and craft class focusing on providing therapeutic art programs in a variety of settings



## PINOCHLE

**Wednesdays 9:00AM - 1:00PM FREE**

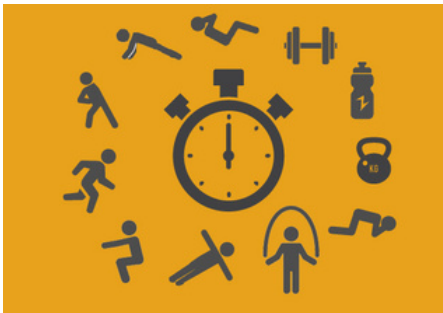
Join a fun group of seniors who enjoy playing Pinochle in a social and fun environment. Make friends and keep your mind active.



## MORNING FITNESS

**Monday-Thursday 8:00AM-9:00AM FREE**

Our most popular class!! A gentle class intended for Seniors to improve strength and flexibility.



## CIRCUIT TRAINING

**Mon/ Wed / Fri 9:30AM-10:30AM FREE**

Come get a workout in our outdoor fitness area. Full body, burn calories, and work on different muscle groups all while having fun!



## YOGA

**Thursdays 4:00PM - 5:00PM \$26 Res/\$31 Non-Res  
\$8 Drop In Fee**

Gentle movement and stretching through yoga poses. Yoga can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for Seniors.

# Classes, Activities, & Groups



## MOVIE MONDAY

**Mondays 1:00PM - 3:00PM FREE**  
**Movie list on page 8-9**

Hate Mondays? Not anymore! Enjoy the afternoon with a movie and fresh popcorn shown every Monday of the month!



## CLUB AMISTAD

**Tuesdays 12:00PM - 4:00PM \$3 Member/4\$ Non-Member**

Fiesta! Club Amistad is a Latino friendship group. Club Amistad hosts a handful amount of activities for their members: birthday parties, games and dances.



## SINGING SENIORS

**Tuesdays 1:00PM - 3:00PM FREE**

Let your voice shine! Singing Seniors is a group of members who sing all the right notes! The group provides a unique outlet of expression and gets out to perform!



## BEREAVEMENT

**2nd & 4th Tuesday 10:00AM - 11:00AM FREE**

The passing of a loved one is a life-changing event. The support of others on a similar journey can help you rebuild your life. Join us on a healing journey. Find comfort, validation, the knowledge that you are not alone that healing (not forgetting) is possible.



## DANCE CARDIO PARTY

**Mon / Wed 4:00 PM-5:00PM \$36 Res/ \$42 Non-Res**  
**\$4 Drop-In Fee**

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit!



# Classes, Activities, & Groups



## ART WATERCOLOR

**Mondays 9:00AM - 12:00PM FREE**

Are you interested in painting with watercolor? Join this group to meet and paint with other artist? Must bring your own materials.



## KNITTING & CROCHETING

**Wednesday 9:30AM- 11:30AM FREE**

Join this friendly group of people who love to knit and crochet in a good company. We have participants of all skill-levels, and would love to see new faces!



## CHICAGO BRIDGE

**Mondays 12:00PM - 3:00PM FREE**

Bridge can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!



## DUPLICATE BRIDGE

**Wednesdays 12:00PM - 3:00PM FREE**

Bridge can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

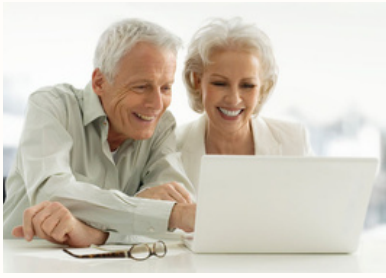


## MAHJONGG

**Fridays 10:00AM - 2:00PM FREE**

Traditionally played in group of four players, Mahjongg is a fun game that uses tiles. Both new and experience players are welcome. Bring a lunch to enjoy with this friendly group.

# Classes, Activities, & Groups



## TECH ONE ON ONE

**Monday - Friday   Appointment Only!   FREE**

Electronic devices are confusing, and it's always okay to ask for help! Make an appointment with our staff to get a better understanding of your device.



## CHULA VISTA WALKS

**Tues/Thurs   9:30AM   FREE**

Stay active by walking. Join the fun and walk with us! Please contact Norman park senior center for more information on meet up location.



## PARKINSON'S SUPPORT GROUP VIRTUAL

**Thursdays (Via Zoom)   3:00 PM   FREE**

You're not alone with Parkinson's, join a virtual group with many other seniors like you.



## BINGO

**Fridays   1:00PM-4:00PM   Bingo Sheet \$0.50  
Daubers \$1**

Looking for something exiting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.



## LINE DANCE

**Advanced Class: Tuesdays 10:00AM-11:00AM   FREE  
Beginners Class: Tuesdays 11:00AM-12:00PM   FREE**

Come line dance with us! You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between Advance or Beginner levels. This class is taught by Christine Schroeder.

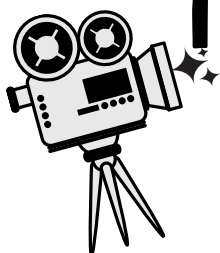


## POOL TOURNAMENT

**Every Final Thursday of the month   FREE**

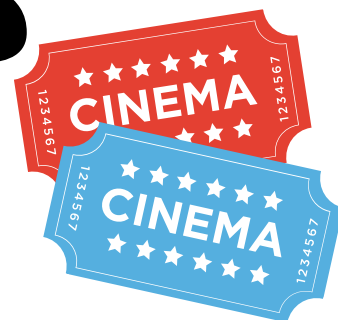
Got what it takes? Show off your skills in our pool tournament every last Thursday of the month! Food and beverage provided!





# MOVIE MONDAYS

## October 2022



**October 3rd**

### **Hocus Pocus 2**

**Year:** 2022

**Starring:** Bette Midler, Kathy Najimy, Sarah Jessica Parker

**Description:** Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

**Genre:** Comedy/Family/Fantasy

**Run Time:** 1 Hr. 45 mins

**October 10th**

### **Snow White & The Huntsman**

**Year:** 2012

**Starring:** Kristen Stewart, Chris Hemsworth, Charlize Theron

**Description:** In a twist to the fairy tale, the Huntsman ordered to take Snow White into the woods to be killed winds up becoming her protector and mentor in a quest to vanquish the Evil Queen.

**Genre:** Action/Adventure/Drama

**Run Time:** 2 Hr. 7 mins

**October 17th**

### **Dark Shadows**

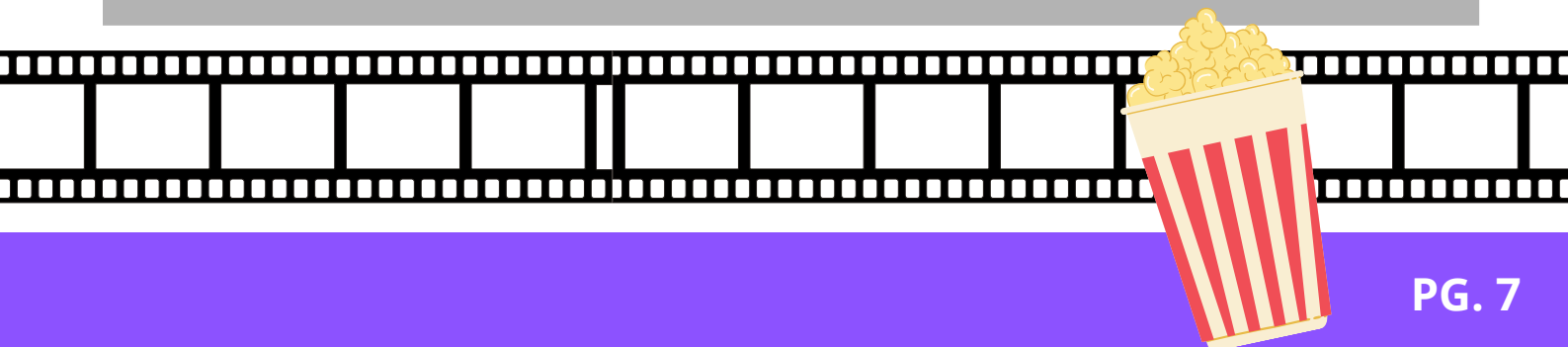
**Year:** 2012

**Starring:** Johnny Depp, Michelle Pfeiffer, Helena Bonham Carter

**Description:** An imprisoned vampire, Barnabas Collins, is set free and returns to his ancestral home, where his dysfunctional descendants are in need of his protection.

**Genre:** Comedy/ Horror

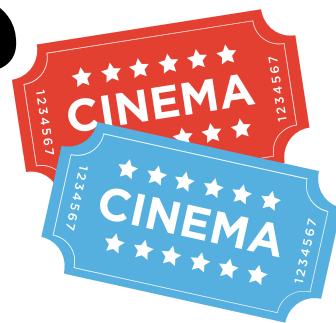
**Run Time:** 1 Hr. 53 mins





# MOVIE MONDAYS

## OCTOBER 2022



**October 24th**

### **Edward Scissorhands**

**Year:** 1990

**Starring:** Johnny Depp, Winona Ryder, Dianne Wiest

**Description:** An artificial man, who was incompletely constructed and has scissors for hands, leads a solitary life. Then one day, a suburban lady meets him and introduces him to her world.

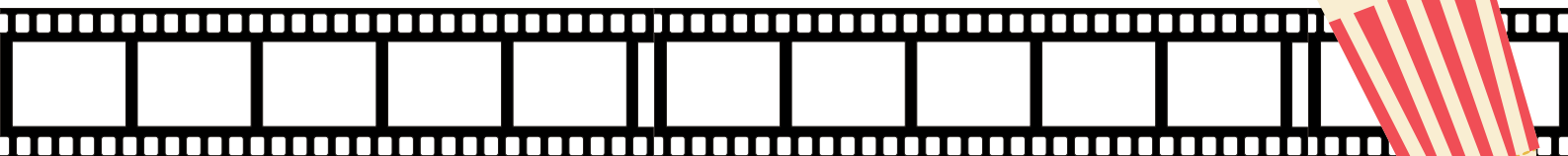
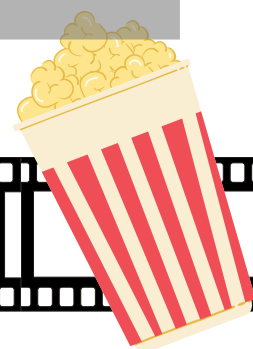
**Genre:** Drama /Fantasy/Romance

**Run time:** 1Hr. 45min

**October 31st**

**No Movie this Day**

**Join us for our  
Spooktacular Costume Contest  
12pm-2pm**





# Norman Park Special Events

NORMAN PARK SENIOR CENTER  
PRESENTS

## SPOOKTACULAR COUSTUME CONTEST

Monday, October 31st

12pm-2pm



**Come join us for an afternoon of spooky fun. Enter in our costume contest for a chance to win the grand prize. Games, Food, and Drinks will be provided. This event will sell out so register early! Pre-Registration is required.**

**Register Today!**

FOR SENIORS 50+  
\$5 Per Person





## Plan For Tomorrow, Today!



## St. Paul's Educational Series



# Special Events



## PLAN FOR TOMORROW, TODAY St. Paul's Educational Series

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### Physical Health & Quality of Life

**Thursday, October 27**

**Time:** 9 - 11am

**Location:** Norman Park Senior Center  
270 F St, Chula Vista, CA 91910

#### **Workshop Topics:**

Fall Prevention – Safety at Home

Palliative and Hospice Care; what's the Difference?

*Light breakfast will be served.*

Tentatively held in-person

### **SIGN UP TODAY!**

We are excited to share our upcoming workshops with all of you. Our goal is to provide guidance with the help of senior care experts.

RSVP online by scanning the QR code, email Veronica Meza at [vmeza@stpaulspace.org](mailto:vmeza@stpaulspace.org) OR call **(619) 239-6900**.





## CHULA VISTA COMMUNITY SHUTTLE



**Now available!**

A **FREE** ride for those  
55+ in Chula Vista.

Monday - Friday: 7am - 7pm

**Request a Ride: (646) 504-3733**







**MEALS on WHEELS**  
**SAN DIEGO COUNTY**

**Norman Park is proud to be in partnership with Meals on Wheels San Diego. Where you can pick up and have meals brought straight to you.**

**For more information ask staff or give Meals On Wheels a call at *619 420-2782 for more information.***



**SOUTHERN CAREGIVER  
RESOURCE CENTER**

**Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.**

**Call (619) 729-2772 for more information.**



CITY OF  
**CHULA VISTA**

## Stay up-to-date with **Norman Park!**

Subscribe to our new program to receive an automated weekly phone call about **Norman Park Senior Center** and important events and resources in Chula Vista!

Subscribe today at **(619) 409-1932**



**Norman Park would like to wish a  
Happy Birthday to our seniors!!**

# **OCTOBER BIRTHDAYS**

**Virginia Alvarado  
Javier Arteaga  
Diana Barraza  
Manuel Belandres  
Cynthia L Brosche  
Arnulfo Camargo  
Anthony Colarusso  
Victor Corona  
Sandra Cortes  
Jeanne Denys  
Marie Guerard  
Kit Humphrey  
Denys Jeanne**

**Sonia Locklear  
Rosa Lopez  
Hermelinda Macareno  
Remedios Mangllcmot  
Lilian Mendoza  
Ralph Newman  
Maria O'neil Melendez  
Teresa Real  
Juana Renteria  
Martha Samuel  
Teresa Silva  
Bertha Thomas  
Elena Timajo  
Nicasio Villanueva**



**CONTACT:**

**Aaron Ruiz**

Recreation Supervisor III  
(619) 409-1931  
aruiz@chulavistaca.gov

**David Ramirez**

Recreation Supervisor I  
(619) 409-1934  
dramirez@chulavistaca.gov

**Office Hours:**

**Monday - Friday**

8 AM - 5PM

**Saturday**

8 AM - 1 PM

**Sunday**

CLOSED

NORMAN PARK SENIOR CENTER

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Norman Park Senior Center  
270 F Street, Chula Vista, CA 91910  
(619) 409-1930  
[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)